

**NOAA NWS EXCESSIVE HEAT WARNING STILL IN EFFECT FOR L.A. COUNTY
OPERATIONAL AREA CITIES AND UNINCORPORATED AREA COMMUNITIES
UNTIL 8 P.M. PDT ON THURSDAY, JULY 4, 2013**

The National Oceanic and Atmospheric Administration (NOAA) National Weather Service (NWS) Los Angeles/Oxnard Office's Excessive Heat Warning is still in effect for the Los Angeles County Operational Area cities and unincorporated area communities: Acton, Los Angeles County Mountains and Mt. Wilson until 8 p.m. PDT on Thursday, July 4, 2013.

Excessive Heat conditions are forecasted to continue across the lower mountain elevations of Southwestern California through the Fourth of July. It will remain hot and humid across the mountains, especially at the lower elevations. Heat Index readings will climb between 100 and 105 degrees in many lower elevation locations each afternoon.

Impacts:

- Children, seniors/older adults and people with chronic ailments are the most susceptible to heat-related illness. Heat exhaustion, cramps or in the extreme cases heat stroke can result in prolonged exposure to these conditions. People should avoid strenuous outdoor activities including hiking and mountain biking during the warmest parts of the day.

Precautionary Preparedness Actions:

- To reduce risk during outdoor work the Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air conditioned environments. Anyone overcome by heat should be moved to a cool and shaded location. Heat Stroke emergency – call 911. Also, never leave children, seniors/older adults or pets in enclosed vehicles even for a short period of time. Even if the windows are partially open temperatures can quickly rise to life-threatening levels.
- Medical experts recommend for you to drink plenty of water and fluids.
- Check in on relatives and neighbors who might need and/or require assistance.

For additional information on the Excessive Heat Warning – LA County Cooling Centers list, please go to <http://lacounty.gov> Emergency Alerts and LA County Announcement sections. For disaster/emergency preparedness information, please go to <http://lacoa.org> and <http://espfocus.org>. To find out more information on the Excessive Heat Warning via new technology/social media, the Los Angeles County Sheriff's Department Nixle account for this event is #LAheat.

Sources: NWS Los Angeles/Oxnard office – <http://www.wrh.noaa.gov/lox/>

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